



Friday 12<sup>th</sup> April 2019

Dear Student

We are entering the final period of preparation leading up to your GCSE examinations. Over Easter you have a wonderful opportunity to fine tune your exam skills and embed the knowledge that you will need. To help you we have organised some targeted revision sessions. Your sessions are attached. Please arrive 5 mins before your session and sign in at reception.

Uniform is not required, however, please bring your bag with your equipment and resources for the subjects you have sessions for. As always, we expect the highest standards so you and your class mates can make the most of the time with your teachers. If your behaviour is preventing learning you will be asked to leave and you will have to accept the consequences. I am sure this will not need to happen at such an important time.

## **Easter Revision**

Over Easter you will have plenty of time to revise; here are some hints and tips:

1. Do as many exam style questions as possible, there are plenty of these on the Year 11 hub.
2. Studies suggest that event rehearsal helps your brain. One great idea is to revise in blocks of time that match your exams. For example, a block of 9am – 11am would mirror one of your English exams. Revise solidly for this time to train your brain to work for long periods. Do the same in the afternoon. However, in between you could work for short blocks of 25 minutes with 10 minute breaks in between.
3. Involve your parents by talking to them about what you have learnt. Boys learn better when they talk about what they are doing.
4. Go through your topic list and RAG rate how comfortable you feel (Red/Amber/Green) on each topic. Revise the Red and Amber topics the most.

## **Managing Exam Stress**

A little exam stress is inevitable, it is nothing new and shows you care. Here are some hints and tips on managing these feelings.

1. It won't go away by ignoring it! Talk it through and most importantly tackle it by planning and completing some quality revision. This hard work will give you a sense of achievement and make you feel better.

2. Don't blame yourself when something goes wrong. Instead write down a plan of what you are going to do to get it right next time.
3. Avoid setting unrealistic targets. At this point in the year the best thing to focus on is doing your very best. Focus on that and making improvements, not on grades and targets.
4. Set yourself revision goals and treat yourself when you have achieved these.
5. Avoid stimulants. Caffeine and energy drinks might feel like a good idea but they will cause highs and lows. 20 minutes after the energy boost you will feel slow, lethargic and tired. Eat well, drink plenty of water and get plenty of sleep. Look after your body and your brain!

I will see you at your Easter sessions and I am keen to know how you're getting on.

Your sincerely,

A handwritten signature in black ink, appearing to read 'D Clayton', with a stylized flourish extending to the right.

Mr Clayton  
Headteacher